**Obesity and the metabolic syndrome: Cause and effect**

a) Match the sentence halves to produce correct sentences. Highlight causes in yellow and effects in pink.

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| --- | --- |
| 1) A balanced diet  | A) This means that blood clods can get stuck in the blood vessels, which closes up the blood vessel. (arteriosclerosis) |
| 2) 45% of Austrians die from heart disease,  | B) Your body fat (adipose tissue) increases.  |
| 3) Smoking tightens blood vessels. | C) Increase the amount of lesions in your blood vessels.  |
| 4) Blood clods can be caused by  | D) Can reduce your risk of developing obesity by restricting the amount of calories you eat.  |
| 5) If you don't exercise enough,  | E) Causes further damage to blood vessels.  |
| 6) Vitamin B6, B12 and folic acid can lower your homocysteine status | F) Which is a consequence of arteriosclerosis.  |
| 7) High blood pressure can  | G) By transforming it into the amino acid methionine.  |
| 8) Obesity increases the likelihood of diabetes, which in turn | H) Fat cells from adipose tissue.  |

b) Create five new sentences with the following sentence starters:

If you exercise regularly, ….

Eating food with Vitamin B6, B12 and folic acid …

Arteriosclerosis can be caused by …

Losing weight will …

Lowering blood pressure …

KEY:

a) 1D, 2F, 3A, 4H, 5B, 6G, 7C, 8E

b) Create five new sentences with the following sentence starters:

If you exercise regularly, you will reduce your adipose tissue/body weight.

Eating food with Vitamin B6, B12 and folic acid, decreases your homocysteine levels.

Arteriosclerosis can be caused by smoking, obesity or high blood pressure.

Losing weight will lower your risk of developing heart disease.

Lowering blood pressure will keep your blood vessels healthy.